



National Nutrient Database for Standard Reference

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Statistics Report 03217, Zwieback

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	4.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Energy	kcal	426	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Energy	kJ	1783	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Protein	g	10.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Total lipid (fat)	g	9.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Ash	g	1.50	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Carbohydrate, by difference	g	74.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Fiber, total dietary	g	2.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Sugars, total	g	12.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Minerals													
Calcium, Ca	mg	20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Magnesium, Mg	mg	14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Phosphorus, P	mg	55	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Potassium, K	mg	305	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Sodium, Na	mg	227	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2010
Zinc, Zn	mg	0.54	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Copper, Cu	mg	0.145	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Selenium, Se	µg	28.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Fluoride, F	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Vitamins													
Vitamin C, total ascorbic acid	mg	5.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Thiamin	mg	0.208	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.239	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Niacin	mg	1.319	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Pantothenic acid	mg	0.537	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Vitamin B-6	mg	0.082	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Folate, total	µg	87	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Folic acid	µg	67	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2000
Folate, food	µg	20	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Folate, DFE	µg	134	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Choline, total	mg	10.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	16	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Retinol	µg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Carotene, beta	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Cryptoxanthin, beta	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin A, IU	IU	58	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Lutein + zeaxanthin	µg	16	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Vitamin E (alpha-tocopherol)	mg	2.44	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Vitamin E, added	mg	2.32	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Tocopherol, beta	mg	0.05	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Tocopherol, gamma	mg	0.31	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Tocopherol, delta	mg	0.01	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Vitamin K (phylloquinone)	µg	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Lipids													
Fatty acids, total saturated	g	2.525	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
4:0	g	0.100	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
6:0	g	0.059	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
8:0	g	0.035	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
10:0	g	0.077	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
12:0	g	0.088	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
13:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
14:0	g	0.314	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
15:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	1.194	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
17:0	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
18:0	g	0.590	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
20:0	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
22:0	g	0.047	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Fatty acids, total monounsaturated	g	4.244	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
14:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
16:1 undifferentiated	g	0.129	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
17:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
18:1 undifferentiated	g	4.104	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
20:1	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
24:1 c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Fatty acids, total polyunsaturated	g	2.073	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
18:2 undifferentiated	g	2.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
18:3 undifferentiated	g	0.065	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:2 n-6 c,c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
20:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
20:4 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Fatty acids, total trans	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Cholesterol	mg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Amino Acids													
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003